



## PRESCRIPTION FOR BEHAVIORAL HEALTH

## Mobile Resources

ACT Coach*	LifeArmor	PTSD Coach*
Breathe2Relax	Mindfulness Coach*	Stay Quit Coach*
CBT-i Coach*	Moving Forward*	T2 Mood Tracker
Concussion Coach*	Parenting2Go*	Tactical Breather
CPT Coach*	PE Coach*	The Big Moving Adventure
Dream EZ	Positive Activity Jackpot	Virtual Hope Box
COMMENTS		
App Store Google play t2health.dco	e apps available from the National Center for Teleho e.mil/products/mobile-apps e developed in partnership with the U.S. Department of Vi	

Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit *t2health.dcoe.mil* for more information.

Product ID # 4095

Date







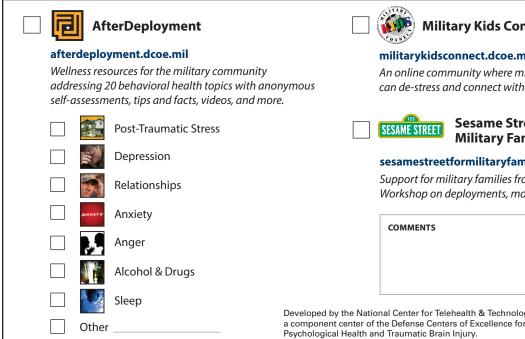


## PRESCRIPTION FOR BEHAVIORAL HEALTH

Web Resources

	Military Kids Connect®
	militarykidsconnect.dcoe.mil
	An online community where military youth
	can de-stress and connect with their peers.
]	SESAME STREET Sesame Street for Military Families
	sesamestreetformilitary families.org
	Support for military families from Sesame
	Workshop on deployments, moving, and more.
	COMMENTS

Date



Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit t2health.dcoe.mil for more information.

Product ID # 4095



